



Kind Campus  
2020–2021

## PROGRAM TENETS



Kind Campus programming is based on the following tenets:

- 1 Understanding our Social and Emotional Brains
- 2 Self-Awareness
- 3 Awareness of Others
- 4 Kindness in Action
  - Self-Kindness
  - Kindness Toward Others

All of the activities included in Kind Campus programming include one or more of the tenets, each labeled with the corresponding icon.

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## Understanding our Social and Emotional Brains

Understanding our social and emotional brains is foundational to the practice of kindness. Here, we provide an overview of cutting-edge scientific research relevant to emotional and social awareness, framed in the context of the school environment. Topics covered include the human physiological stress system, self-regulation, social cognitive theory, metacognition, and scientific perspectives on cultivating cognitive control and equanimity. It explores how we can better understand our “tricky brain,” and how we can retrain our brains around concepts of interdependency (within and beyond the school system), metacognition, neuroplasticity, and a growth vs. fixed mindset.

### Learn More!

Rick Hanson, PhD ([www.rickhanson.net](http://www.rickhanson.net), [www.wisebrain.org](http://www.wisebrain.org))

Carol Dweck, PhD ([www.mindsetonline.com](http://www.mindsetonline.com))

Daniel Siegel, MD ([www.drdansiegel.com](http://www.drdansiegel.com))

Daniel Goleman, PhD ([www.danielgoleman.info](http://www.danielgoleman.info))



## Self-Awareness

Building self-awareness is crucial to intentional kindness, and we build our self-awareness through practice and positive habits. Exercises included teach empirically-based mindfulness practices that have a substantive research base as effective methods for reducing stress. We also present techniques for changing negative thought patterns and improving our outlook on educational and community experiences.

### Learn More!

Brené Brown, PhD ([www.brenebrown.com](http://www.brenebrown.com))  
Susan David, PhD (<http://www.susandavid.com>)  
Kory Floyd, PhD (<https://www.koryfloyd.com>)  
Pema Chodron (<https://pemachodronfoundation.org>)



## Awareness of Others

Humans experience the world as social creatures and rely on each other to survive and thrive. Developing awareness of others and how we impact our communities allows us to do kindness better. Topics covered include understanding interdependency between humans, cultivating perspective-taking, building empathy, and fostering compassion. Here, we highlight how embracing our common humanity leads to positive and healthy relationships. Activities model positive standards for kind conduct, teach the value of expressing feelings constructively, and encourage social connections on campus and in the larger community.

### Learn More!

Barbara Frederickson, PhD ([www.unc.edu/peplab/index.html](http://www.unc.edu/peplab/index.html))  
Deborah Tannen, PhD (<http://www.deborahannen.com>)  
Sherry Turkle (<https://sherryturkle.com/>)  
Greater Good: Science of a Meaningful Life/UC Berkeley ([www.greatergood.berkeley.edu](http://www.greatergood.berkeley.edu))



## Kindness in Action

Building on previous tenets, Kindness in Action demonstrates how we can choose to act with kindness to benefit others and ourselves. Activities included model that kindness is the DO! By drawing from previously presented scientific information, Kindness in Action includes lessons and exercises in self-kindness and kindness toward others, which directly affects the lives of students, staff, and faculty. It presents strategies that contribute to a positive environment and overall school climate.



### Self-Kindness

Self-Kindness practices included here provide context and tools for cultivating self-compassion, and further develop information presented in our Self-Awareness tenet.

#### Learn More!

Kristen Neff, PhD ([www.self-compassion.org](http://www.self-compassion.org))  
Wayne Dyer, PhD ([www.drwaynedyer.com](http://www.drwaynedyer.com))  
Guy Winch, PhD ([www.guywinch.com](http://www.guywinch.com))  
Tara Brach (<https://www.tarabrach.com>)



### Kindness Toward Others

Kindness Toward Others demonstrates how we move from empathy and compassion to engagement through intentional kindness toward others. Activities help your school visualize kindness in your school community, extend kindness beyond your campus, practice active gratitude, and connect with parents and caregivers.

#### Learn More!

Greater Good: Science of a Meaningful Life/UC Berkeley ([www.greatergood.berkeley.edu](http://www.greatergood.berkeley.edu))  
Making Caring Common/Harvard University (<http://mcc.gse.harvard.edu/>)  
Center for Healthy Minds/University of Wisconsin-Madison ([www.centerhealthyminds.org](http://www.centerhealthyminds.org))



**When you see this icon, refer to the video section of the online resources.**